

Eat Down The Fridge: Simple Salad with Carrot Ginger Dressing



We've all been there. You're standing in front of your fridge or pantry and you simply don't know what to make. Or, it's the end of the week and your kitchen is full of little bits of this and pieces of that and you just can't figure out a cohesive dish or know how to put it all together. That's why we're introducing a recipe series called "Eat Down the Fridge." It's full of easy-to-follow recipes and totally customizable dishes that can be made quickly while using a lot of ingredients you likely have in your fridge.

One of the easiest ways to use a lot of veggies is in a salad, but plain salads are, well, plain. Thankfully, this sweet homemade dressing brings it all together. Top your leafy greens with crunchy veg like radishes and cucumbers, add in some acid with tomatoes and orange segments, some spice from fresh scallions, and then drizzle everything with generous amounts of carrot ginger dressing. For a full meal, add in plant-

based protein from black beans or tofu, or add in grilled chicken.

Description

This sweet homemade dressing brings a plain dinner salad to the next level. Top your leafy greens with crunchy veg like radishes and cucumbers, add in some acid with tomatoes and orange segments, some spice from fresh scallions, and then drizzle everything with generous amounts of this carrot ginger dressing:

Ingredients

- 6 tablespoon ginger, grated
- 9 small carrots, tops removed, peeled, and roughly chopped
- 1 ½ small sweet onion, roughly chopped
- 9 tablespoon rice vinegar (> ½ cup)
- 9 tablespoon honey (a bit over ½ cup)
- 3 clove garlic, roughly chopped
- 3 tablespoon soy sauce or coconut aminos

*Ginger: Substitute ¼ teaspoon dry ground ginger for every 1 teaspoon of freshly grated gingerroot. 1 Tbs = 3 tsp.